"The South 40" by JAMES A. SMITH EXTENSION AGENT

The 1979 recommended vegetable variety listing is available from this office. It's not too early to begin planning for the spring garden.

* * *

What are you going to do about recording income and expenses for 1979? There are many ways to do it -- some much better than others.

If farm income is an important part of your total income, you should probably take a look at the VAMA system. This is a computerized program that provides tax information, management, credit and cash flow, all of which are essential if operations are to be profit oriented.

Give these folks a call, 804-846-1774 or drop them a note at P.O. Box 2356, Lynchburg, Va. 24501. They will visit with you about this method.

* * *

The International Feedstuffs Institute has asked if we would assist them in obtaining information and data on common forages produced in Virginia. In particular, they would like some orchardgrass hay samples.

If you have some pure cuttings of orchardgrass hay and would be willing to allow some samples to be taken, please give this office a call. A core sample is taken from ten bales. This composite represents a sample from one cutting.

* * *

The 1979 Virginia Beef Industry Convention is set for February 1,2,3 at the Hotel Roanoke. The program on February 2 and 3 will be most interest to Appomattox cattlemen. Plan now to attend this event.

Litter Education: A Place To Begin

Elementary school science teachers from across Virginia were urged to emphasize the issue of litter control as an introduction into environmental studies geared to the younger student. Virginia Division of Litter Control Education Coordinator Jan Coleman, during a workshop presented last night at the Elementary School Science Conference in Roanoke, pointed out the advantages of including litter control in science studies for young people.

"Studies concerning the litter issue," said Ms. Coleman," are a logical point to begin introducing environmental problems to the younger student who will later be introduced to the more complex issues of solid waste management and recycling." "Litter studies also lend themselves the emphasis of the 'Processes of Rational Thinking' in science education," Ms. Coleman added.

The "Rational Thinking Processes" approach to teaching utilizes a student's powers and skills in observing, classifying, measuring, inferring, predicting, hypothesizing, and experimenting with physical properties that affect science and the environment. Ms. Coleman told the science teachers attending the conference that the Division of Litter Control is presently developing lesson plans and film strips for each grade level which will encourage students to use their rational thinking skills. These teaching aids will be available to interested instructors by the fall.

Ms. Coleman also presented to the instructors a variety of teaching materials now available from the Division of Litter Control. Items included a **Litter Control Project Guide for Elementary School Teachers**, lesson plans, movies, posters, coloring sheets, audio/slide presentations, as well as materials to aid in the formation of school Ecology Clubs. Ms. Coleman stressed that any of these materials could be easily integrated into existing conservation, science and environmental studies.

Sweet Mama Hybrid Winter Squash

Sweet Mama Hybrid Winter Squash is a 1979 Bronze Medal All-American Selection. Sweet Mama Hybrid is one of two winter squash that received All-American medals in 1979. Sweet Mama received a medal because of its early maturity, handy size fruits, good flavor and texture and high in production.

Fruits of Sweet Mama are ready to harvest about 85 days after planting. Drum shaped and dark green they average two to three pounds in weight. Harvest when the shell has hardened about 35 days from flower set but before heavy freezes that could spoil the keeping qualities of the fruit.

You can control the size of Sweet Mama plants without reducing their yield. Watch them! Snip off the ends of the runners when they have reached three feet in length. The pruned plants will form a dense, low bush about six feet across with the fruits concentrating near the center. Most plants will form two to three fruits.

Sweet Mama fruits will keep up to four months with no deterioration in their mild delicious flavor and firm, medium dry flesh. The moderately thick orange meat is attractive when baked or steamed for pies. A half fruit will make two hardy servings.

Sweet Mama shows field resistance to fusarium wilt and squash borer damage. If the tips of certain vines tend to wilt, trace back along the stem to see if a grub has injured the stem by boring. Split the stem carefully, remove the grub, mound up soil over the wound and moisten. Roots will form and the vine will recover.

Influenza Inoculations

PHILADELPHIA - It's that time of year when virus infection, including influenza, occurs in various geographic areas with consequences from mild upper respiratory infection to pneumonia or death.

In a span of 10 years (1968 to 1978) more than 150,000 excess deaths are estimated to have occurred during epidemics of influenza A in the United States.

Evidence shows that influenza-related deaths are primarily among chronically ill adults and children and old people (over age 65).

Influenza goes under many names, Hong Kong flu, China strain, Russian strains. Strains of influenza A are found more frequently than influenza B, but influenza B can also cause death.

The Center for Disease Control (CDC) of the United States Department of Health, Education and Welfare, in Atlanta, GA recommends annual vaccination for all persons at increased risk of adverse consequences from infection of the lower respiratory tract. This statement appears in the November issue of the Annals of **Internal Medicine**, the official journal of the American College of Physicians, the national professional association of more than 40,000 specialists in internal medicine and related areas.

Some people suffer adverse reactions to the vaccine. The influenza vaccine of 1978-79 has been associated with few side effects It consists of inactivated trivalent preparations of three strains expected to be prevalent (A/USSR/77 (H1N1), A/Texas/77 (H3N2), and B/Hong Kong/172).

There are three types of systemic reactions to influenza vaccines:

1. fever, malaise, myalgia, and other systemic symptoms of toxicity
2. allergic reactions due to sensitivity to some vaccine component
3. Guillian-Barre Syndrome (Ascending paralysis)

According to the CDC, there is no evidence to suggest that influenza vaccination of pregnant women poses any special maternal or fetal risk.

Eastern Star To Meet December 18

The regular monthly meeting of the Order of the Eastern Star will be held Monday, December 18, in the Chapter Room at 8 p.m.

A Christmas party will follow the meeting.

All members are urged to attend.

Virginia T. Ferguson,
Secretary

Classified Ads Get Results

FILE FOLDERS, LEGAL PADS, ENVELOPES
THE Times-Virginian Court St. - Appomattox

THE CERAMIC SHOP
HOURS FROM NOW UNTIL CHRISTMAS
Mon.-Fri. 10:00 A.M.-2:00 P.M. — 7:00 P.M.-10:00 P.M.
Sat. 10:00 A.M.-2:00 P.M. — CLOSED SUNDAYS
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Christmas Trees
Choose & Cut
(CALL NURSERY FOR DIRECTIONS)
FROM 4:00 P.M. — until Dark THURS. & FRI.
From 9:00 a.m. - UNTIL Dark SATURDAY
1:00 p.m. — until Dark - SUNDAY
Cut trees available at Superior Trees Nursery anytime
Poinsettias
●RED ●PINK ●WHITE
"The Little Different"
Christmas Shoppe
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Choose from footed bowls, candy dishes, chip n' dip, hen-on-nest set. Reg. 2.49
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A colorful assortment
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Extra wide jumbo roll. Your choice of foilglo or paper 4 rolls per pkg.
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SHOP OUR TOY DEPARTMENT— CHOOSE FROM A LARGE ASSORTMENT AT DISCOUNT PRICES
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Prices good thru this weekend while quantities last.
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MONDAY - SATURDAY - 9 a.m. - 9 p.m.
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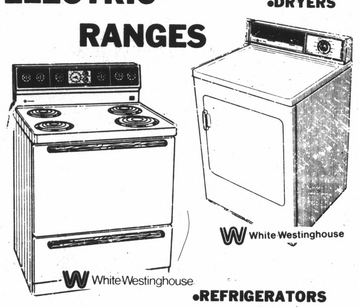
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GOOD NEWS FOR HOMEMAKERS

Shirley W. Walton
Extension Agent

Christmas Safety Tips

Last week I discussed in this column Christmas safety tips concerning the use of Christmas lights, paper wrappings and Christmas trees. This week I wish to discuss with you safety concerning the use of fires, candles and Christmas decorations.

Your fireplace is the source of warmth and heat. Before starting your fire, be sure to remove all paper decorations and any other trash that you may have thrown into your fireplace. Be sure the flue is open. Never set up your Christmas tree near the fireplace or a heating unit. This produces a potential hazard.

Use a fire screen to enclose the front of your fireplace to confine live embers and sparks to the fire box. Should you have a carpet on the floor near your fireplace, you may wish to use a carpet scrap to protect the carpeted area nearest the fireplace. I would suggest you cut a piece of carpet left from the installation of the carpet or you may purchase a remnant of carpet.

Be especially careful with using the colorful logs that can be purchased at Christmas time. Some of these are not to be stacked on wood or have wood stacked on them. If handled improperly, these can explode. Some people use fire salts which produce colorful flames when thrown on a wood fire. Be extra careful. Some of these contain heavy metals and can cause intense gastro-intestinal irritation or vomiting should children get hold of them. Keep anything of this type away from children.

I would suggest that you use well seasoned wood, and leave all of the extra things, such as fire salts and colorful logs, in the store. These are unnecessary purchases and can be extremely harmful if not used carefully and properly.

Candles add a great deal of atmosphere to our homes. The scented ones also give us a nice Christmas smell, but please be careful when you use them. Never use lighted candles on a tree or near other evergreens. Always use nonflammable holders. Keep candles away from other decorations and wrapping paper. Candles should be placed in your home where they will not be knocked down or blown over. Be extra careful to keep candles out of traffic lanes where children and other people will be walking and a package or a coat could brush beside the candle and knock it over.

The decorating of our Christmas tree is a very important part of the holiday festivities. We need to keep the safety of our family in mind when selecting trimmings and decorating our tree. When choosing the finishing touches for our tree, purchase tinsel or artificial icicles of the non-leaded material. Leaded materials are most hazardous if eaten by children or pets. If youngsters are a part of your family, take special care to avoid any decorations that tend to break easily or have sharp edges. Keep tree trimings that are small or have removable parts out of the reach of your child. These pieces may be swallowed. Don't purchase ornaments that resemble candy or food. A small child may try to eat them and become sick.

As I have mentioned before, Christmas is such a special time of the year. Please use every bit of common sense possible to keep it a safe one for you and your family.

If you have a homemaking question or problem, you may call or write the Appomattox County Extension Office. Our phone number is 352-8244 and our P.O. Box is 486, Appomattox, Virginia 24522.

Homemakers, have a good week!

RECIPE OF THE WEEK
Cranberry Fruit Salad

1 (8-¾ ounce) can pineapple tidbits
2 (3 -ounce) packages black raspberry-flavored gelatin
2 cups boiling water
1 cup cold water
2 tablespoons lemon juice
Dash of salt
2 cups fresh cranberries
½ unpeeled orange, seeded
¾ cup sugar
1 (11 ounce) can mandarin orange sections, drained

Drain pineapple, reserving juice. Dissolve gelatin in boiling water. Add cold water, reserved pineapple juice, lemon juice and salt. Chill until partially set.

Put cranberries and orange through a food chopper or food mill. Add sugar, pineapple and mandarin oranges to cranberry mixture; stir into gelatin. Pour into a 6-cup ring mold. Chill until firm. Yield: 12 to 15 servings. This is perfect for Christmas dinner.

Va. State Board For Community Colleges

On December 6, 1978, the Personnel Committee Committee of the State Board met. As is customary, Board Members were invited and all but one member, Mr. Thomas T. Byrd, attended. Pursuant to State Board bylaws, and the Virginia Freedom of Information Act, the motion was duly made and adopted to convene a special Board Meeting in closed session pursuant to Section 2.1-344 (a) (1) of the Act in order to consider adoption of a resolution in support of the Chancellor by the Board. Accordingly, the State Board unamiously adopted in open session the following resolution which was subsequently agreed to by Mr. Byrd.

Resolution

Whereas, misunderstanding has arisen in connection with the Chancellor of the Virginia Community College System taking sabbatical leave; and

Whereas, this Board has suggested and approved of such leave, the time therefore to be selected at the option of the Chancellor in the 1979 calendar year, for the purpose of providing the Chancellor with the fullest opportunity to study other major community college systems in the United States, and to analyze objectively for this Board the general direction of such other systems in relation to our System; and

Whereas, his study, upon his return, will better enable this Board and the Chancellor to assess the long term mission of the Virginia Community College System towards providing the citizens of the Commonwealth of Virginia the best educational opportunities available;

Now, Therefore, be it Resolved, that the Chancellor of the Virginia Community College System has had and continues to have the full and unanimous support and confidence of this Board.

The "Go-Getters", Senior Citizens Group of Appomattox County Get Ready For Christmas

The "Go-Getters", Senior Citizens Group of Appomattox, are shown at the Senior Citizens Center on Thursday, December 7th as they made Christmas Decorations, decorated a tree, and enjoyed a luncheon before going to Lynchburg on a shopping tour. Two of the group seem to be much more interested in playing checkers than in getting ready for Christmas!

CVCC Offers New Program

Central Virginia Community College is pleased to announce that it will be offering a new program commencing the winter quarter, 1979. The new program is entitled Human Services. It is designed to provide students with the knowledge and skills necessary to help persons located in institutions and places for the mentally ill and retarded better meet their physical, social, and psychological needs. The Human Services worker is prepared to provide individuals with remedial, therapeutic and rehabilitative treatment activities. Persons are trained as paraprofessionals to work in such places as mental retardation and mental health institutions, halfway houses, sheltered workshops, and social service agencies. The occupational objectives include the pre-paring of individuals to fulfill such job titles as: developmental aide, charge aide, psychiatric aide, mental health technician, social servfie assistant, mental retardation aide or human services worker.

The Human Services program is a certificate program consisting of 54 credit hours.

For more information, interested persons should contact either the CVCC counseling staff or Dr. L. Thomas Barber, Chairman of the Social Science Division:

We can't print money but you can make money.. with want ads

APPO. ELEMENTARY SCHOOL MENU

Mon., Dec. 18 - Corn dogs w/mustard, pork'n beans, tater tots, cole slaw, sliced pineapple and milk.

Tues., Dec. 19 - Spaghetti w/meat sauce, tomato and lettuce salad w/dressing, french bread, green peas, peanut butter cookies, milk.

Wed., Dec. 20 - Sliced turkey on toast w/gravy, creamed potatoes, seasoned green beans, peach pie, and milk.

Thurs., Dec. 21 - Salisbury steak w/gravy, macaroni w/cheese, buttered broccoli, devils food cake w/icing, rolls, and milk.

John Mosby Inn Restaurant
Confederate Blvd.-Appomattox, Va.
Sunday Buffet
$3.95 (SECONDS IF YOU LIKE)
FEATURES:
STEAMSHIP ROUND
BAKED HAM
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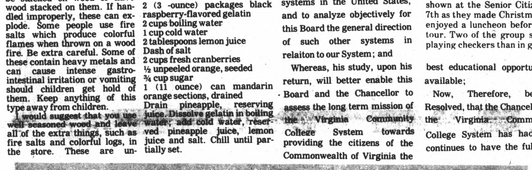
Including beverage and any vegetable, salad or fruit on buffet table.
Special This Sunday
Chopped Salisbury Steak
Don't Forget Our Daily Buffet, Monday Thru Friday. $2.50 Including Beverage



WHO DOESN'T NEED MONEY?
Ever heard that old cliche? Unfortunately, the people that really need money don't have the money to secure a loan of the type they need, nor do they know where to go to get that much needed financing.

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Worldwide Finance Exchange have the sources and we will share them with you for only pennies each. You can finance almost any venture, expand your business, or lease now and purchase later for as little as one dollar, buy that piece of real estate you've had your eye on, or just secure financing for whatever you have in mind, even that new idea you have. Our sources are proven and have the money available now.

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NEED CAPITAL FOR FIRST AND SECOND MORTGAGES, SALE LEASE-BACKS, REFINANCING OR JOINT VENTURES AND PARTNERSHIPS!
Names and address of over 200 firms that will loan or invest in: warehouses, apartments, shopping centers, office buildings, recreation facilities, mobile home parks, nursing homes, hospitals and agricultural.

VENTURE CAPITAL
NEED CAPITAL FOR A NEW BUSINESS OR EXPANSION OF YOUR PRESENT BUSINESS IN CONSTRUCTION, TECHNOLOGY, MOVIES, MANUFACTURING, OIL & GAS AND OTHER ENERGY RELATED PROJECTS.
Names and addresses of over 300 firms that will loan or invest in proposed ventures or present businesses, including several that specialize in loans to minorities.

BUSINESS EXPANSION
NEED WORKING CAPITAL FOR EXPANSION OF YOUR PRESENT BUSINESS?
Names and address of over 100 firms that will loan you capital on: equipment, inventories, account receivables, factoring, time sales contracts, and Redis counting.

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NEED CAPITAL FOR EQUIPMENT, MACHINERY, OFFICE FURNITURE, COMPUTERS?
Names and addresses of 400 firms that will buy your equipment for you and lease it to you with the option to buy for as little as one dollar at the end of lease term.

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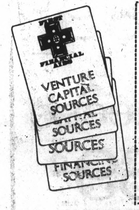
We'll share our sources with you for less than 5¢ each. Not only will we give you their names, addresses and telephone numbers; we'll include the person to contact. We will even introduce you personally if you need it. All you have to do is fill in the coupon below and mail it today, we'll do the rest. Hurry! Our lenders already have over 50 billion dollars on their books.



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See the dealer at this sign.
Ford MERCURY
For a quality small car at a small car price.

1979 Capri
Prices start at $4481* with standard factory equipment
You've never seen a sexy little number like this before. And it's all-new, too. See why this sporty little cat really is a *miracle* at its price.
*Sport Wheel Covers as shown available only on 14" wheels-$65 extra.

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1979 Bobcat
Prices start at $3797* with standard factory equipment
More to love than ever for '79, that's Bobcat! The smart and versatile Bobcat is also the lowest priced Mercury you can buy. Check it out now!

1979 Monarch
Prices start at $4412* with standard factory equipment
We think you'll find it hard to resist the Mercury Monarch value for '79. Monarch is priced and sized right for the times. And Monarch features styling elegance as well. It's worth looking into.
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